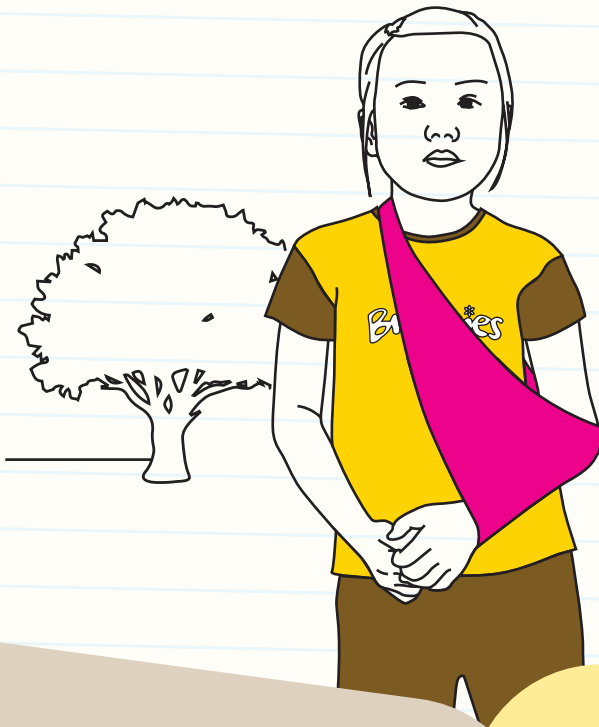




First aid in the field



Aim of activity

Ouch, that hurt! Fixing injuries in the wild isn't as easy as going to the doctor. Can you use everyday items to solve a first aid emergency?

What you'll get out of it

- Sharpen up your first aid skills.
- Solve problems.

What you'll need

- An outside space

You can use anything you might have with you on an adventure in the wild, for example:

- T-shirts
- Jumpers
- Scarves
- String

Objects to build an obstacle course, for example:

- Boxes
- Rope
- Hula hoops
- Loose clothing





Before you start

Set up a short obstacle course. For instance, you could tie the rope between two trees to climb under, use the boxes to move round, walk backwards and try to put on a piece of loose clothing. Make sure you leave space to get to the finish line.

You are out on an adventure with your friends, but one of you has slipped and hurt her arm! Can you make a sling for your friend and get her back over the obstacle course to safety?

What to do

1 Get into pairs. One girl in each pair needs to be the girl with the injured arm.

2 Time to test your first aid skills! In your pairs, make a sling using the items you have.

A good sling:

- Completely supports the arm
- Holds the arm still when you move around (no bouncing...)

You've got ten minutes.

3 When the slings are finished, the injured girls do the obstacle course one at a time. The rest of the girls should watch carefully: is the sling working properly?

Look out for:

- Is her arm fully supported?
- Is her arm bouncing around?

4 When each Brownie gets to the end of the obstacle course, you all have to decide whether the sling worked well. If you think it did, give it a thumbs up. One Brownie should count all the thumbs up and write the number down.

5 The pair with the most thumbs up wins! Have a look at their sling – why do you think it worked so well?

Using a sling keeps an injured arm supported and stops any further harm. In the wild you might not have a first aid kit so using everyday items will keep you safe until you find help.